



July 2, 2009

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Thanks to all who came out for our June Healthy Hometown Advisory Council Meeting. Both Mayor Abramson and Dr. Troutman brought us up-to-date on a number of Healthy Hometown initiatives including;

- **Reorganization of the Step Up, Louisville Task Force!** under the guidance of Co-chairs Tori Murden McClure and Chris Dickinson; the group will meet in mid-July to review plans for a new pedestrian/bike safety media campaign and activities for Walk to School Day; the Task Force is a direct result of last year's Pedestrian Summit and Community Walkability Plan
- **The VERB Summer Scorecard**, a proven program developed by the CDC to encourage tweens (9-13 year olds) to be active by offering exciting prizes throughout the summer; special deals and prizes are offered to tweens with a VERB Scorecard at local businesses, or tweens can track activities at home; participants attend a VERB Grand Finale on August 1 at Jefferson Memorial Forest. Everyone who comes gets a prize package; visit www.verbsummerscorecard.com or call 502-574-6585 for more information.

Worksite Wellness Conference August 24th

The Worksite Wellness Committee, in partnership with the Health Enterprises Network, will host the next in its series of conferences on Monday, August 24th at the Baptist East Hospital. The agenda includes "Lessons Learned" sessions from our Healthy Hometown Worksite Wellness Award winners as well as break out sessions on screenings, tools, resources and evaluations. Registration information will be available soon.

Farmers Markets Continue to Grow!

The Dept. of Public Health & Wellness, in partnership with the University of Louisville, launched the city's newest Farmers Market on Gray Street in early June. The market is open on Thursdays from 11am-3pm through October and is intended to provide healthier food choices for employees and residents in the area. The Healthy Hometown Food in Neighborhoods (FIN) committee continues to help facilitate and spread the word about the growing number of Farmers Markets available throughout the spring and summer and has produced a full calendar of markets as well as useful tips on how to make the most of your market experience and purchases. For a full schedule of markets and events, contact marignv.bostock@louisvilleky.gov or go to www.louisvilleky.gov/mhbm.

Healthy Hometown Mini-Grants To Be Announced in August

More than 35 applications for *Healthy Hometown* mini-grants have been received. All applications will be evaluated and awarded funds will be distributed in mid-August, 2009. A special ceremony is being planned. Last year, Mayor's Healthy Hometown distributed more than \$50,000 in grants to more than 20

organizations. Healthy Hometown is pleased to be able to continue these important grants which can help to develop or enhance your organization's community health and wellness programs.

Healthy Hometown Hike & Bikes Roll On!

Make plans now to spend your Labor Day morning with 5,000 of your closest hikers and bikers! Mayor Abramson will once again lead the way through Louisville neighborhoods and thoroughfares as he hosts this community's tenth ***Healthy Hometown Hike & Bike*** on September 7th. Be sure to catch the Mayor and Subway Restaurant's Jared on TV promoting this highly successful family-friendly event. Activities start at 9 am on the Waterfront's Festival Plaza. The hike and bike routes start at 10. FREE t-shirts and helmets and you can win a FREE bike! Register at www.louisvilleky.gov.

Just Want to Hike?

The Mayor will host his Annual ***Healthy Hometown Hike*** at the Jefferson Memorial Forest on Saturday, October 17th at 10:00 am. This family fun event includes a choice of age and activity appropriate trails as well as fun information about the natural surroundings. For more information, go to www.louisvilleky.gov.

Health Matters Newsletter Available Online

The summer edition of ***Health Matters***, the newsletter of the Dept. of Public Health and Wellness is available [online](#). Please help us give it wide distribution by forwarding it to your various listservs, co-workers, friends, etc.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings:

All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted.

Active Living	July 14, 10 am
Food In Neighborhoods	July 13, 5:30 pm at the downtown YMCA
Schools	TBA
Worksite Wellness	July 16, 8 am at Baptist East Milestone Wellness Center
Step Up, Louisville! Task Force	July 13, 3 pm at Metro Hall

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:

Coordinated School Health Institute Presents Growing Healthy Kids in KY

The Coordinated School Health Institute and Growing Healthy Kids in Kentucky will present a

Conference Monday and Tuesday, July 20 and 21, Marriott Griffin Gate, Lexington, KY. Farm to School is the featured topic. In addition, breakout workshops will focus on health education, health services, family and community, nutrition, counseling, social services and environment. For more information, ajgrizzell@insightbb.com.

Introducing the Wellness Zone

The Humana Foundation and a number of community partners have introduced The Wellness Information Zone at wellzone.org. WZ is a national health literacy initiative offering easy access to basic health information in everyday language, especially at the point of need. Along with the website, WZ offers kiosks dedicated to e-health information in community centers, health clinics, libraries, schools and other non-profits along with trained health information guides, including librarians, health professionals and volunteers. Navigation of the site is easy with talking video guides providing brief tours of the homepage and topic areas. The site features a variety of audio and video formats as well as different languages. This non-commercial site is free to anyone with an internet connection. The goal is to quickly connect the consumer to basic and reliable information. For more info, go to wellzone.org or humanafoundation.org.

More Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the **Healthy Hometown** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the **Healthy Hometown** website at www.louisvilleky.gov/mhbm.

The **Mayor's Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.